

# *SPECIALIZED TREATMENT PROGRAMS*

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## **BIGGS ACUTE TREATMENT PROGRAM (ADMISSIONS/DOC PROGRAM)**

The purpose of the Biggs Acute Treatment Program is to provide psychiatric services to individuals with mental illnesses from several different kinds of facilities and with different legal situations including those referred by the Department of Corrections. These individuals share the commonality that their offense and/or current behavior make it necessary that they be treated in a maximum-security setting. This program provides opportunities to learn and utilize more effective skills to help individuals cope with their environments and reach their optimal or highest level of functioning. The program further provides emphasis on comprehensive evaluation and assessment, symptom stabilization, competency education, substance abuse treatment, leisure skills training and program referral and transition.

## **COGNITIVE BEHAVIORAL REHABILITATION PROGRAM**

This program is designed to assist clients with personality disorders in developing adaptive and pro-social thoughts, feelings, and behaviors so they can safely and successfully return to the community. The program focuses on cognitive restructuring, skills training, problem solving, substance abuse treatment, relapse prevention, work skills training, and leisure skills training.

## **PSYCHIATRIC REHABILITATION PROGRAM**

The purpose is to assist clients in developing goals, establishing a plan to fulfill those goals, and acquiring skills necessary for their eventual return to the community. Assistance is given to the clients in learning the necessary skills of decision-making and later creating personal and meaningful goals. Once ready, an Overall Rehabilitation Goal is developed and staff and clients work together to determine what skills are needed to reach the goals. Together they develop and initiate a plan through which necessary skills will be learned.

## **SOCIAL LEARNING PROGRAM**

The Social Learning Program is an empirically-supported comprehensive psychosocial rehabilitation program designed to treat those individuals with the most severe and persistent mental disorders. The majority of consumers in the SLP have primary diagnoses in the schizophrenia spectrum. Most are in their mid-30's or older, have never been married, and have limited educational background.

## **NEW OUTLOOK PROGRAM**

The New Outlook Program treats people who experience severe mood dysregulation and people who exhibit challenging behavior. Many of the people in this program also have intellectual disabilities. The goals are to teach people to recognize the relationship between their thoughts, moods, and behaviors; to understand the function of a person's challenging

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behavior; and to teach new skills that will encourage future self-management. A person-centered planning approach is used to engage consumers in formulating a treatment and rehabilitation plan that best meets their needs. Major treatment components include Dialectical Behavior Therapy and Positive Behavior Support, in addition to psychiatric medications and psycho educational interventions.

## **COMPETENCY RESTORATION PROGRAM**

The Competency Restoration Program provides forensic evaluation and psychiatric services to clients from throughout the state, typically from county jails. Though clients may have various legal charges, all have been found Incompetent to Proceed to Trial (IST) or in need of a pre-trial or pre-sentencing evaluation and committed to the Department of Mental Health. The purpose of the program is to provide comprehensive evaluation, stabilization, and short-term treatment of competency restoration through education and psychiatric treatment of adult clients who are court ordered to the Department of Mental Health. The goal is to provide efficient evaluations and/or to assist clients in (re)gaining competency as quickly as possible, to enable them to return to court for resolution of their charges.

## **DIALECTICAL BEHAVIOR THERAPY PROGRAM**

The DBT program is focused on helping individuals find freedom from the pain of emotional and behavioral dysregulation. Behavioral characteristics of individuals served in DBT often include self-injurious behaviors both with and without suicidal intent, aggression, interpersonal chaos, emotional instability, impulsivity, identity confusion, psychotic behavior, and in some cases an inability to take care of their own basic needs. A large number of these individuals also struggle with developmental and intellectual disabilities. A key focus of DBT is teaching/coaching individuals effective ways to get their needs met and/or cope with others independently in all circumstances. The core of the treatment is the application of problem-solving strategies balanced with validation strategies; showing respect and concern for the distress experienced by the individual while also helping the individual identify effective and adaptive coping strategies. Techniques utilized in the DBT Program include behavioral analysis, solution analysis, cognitive restructuring, orienting, and eliciting commitment to participate in the treatment plan the individuals develop with their treatment team.